



Newsletter Spring 2020

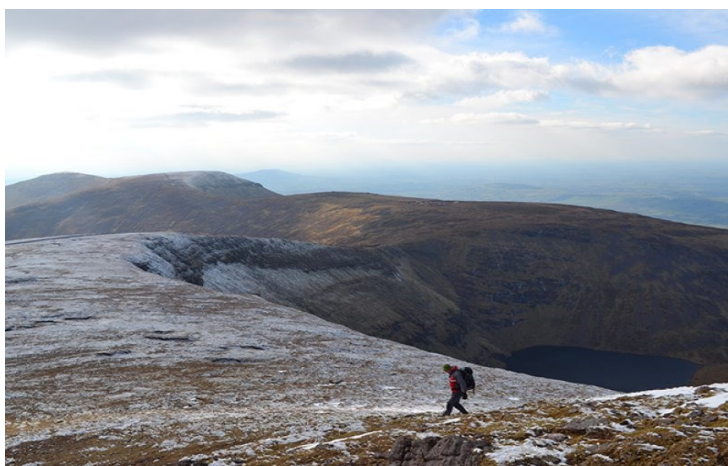
Newsletter Spring 2020

Club news

Winter is almost behind us and Springtime beckons , so far this year we've only had to cancel one walk due to bad weather conditions. But Croagh Patrick is going nowhere so we'll be back.

MS1 training for club members is slated to start down in Kerry in Late March with MS2 to follow on an agreed date.

The club is looking into running a training day for club members , it will be covering safety on the hills, equipment and how to handle a variety of weather conditions if the day is changeable , essentially to give you a taste of what is covered in MS1 & MS2 and if you've questions the more experienced members will be happy to answer any queries you may have.

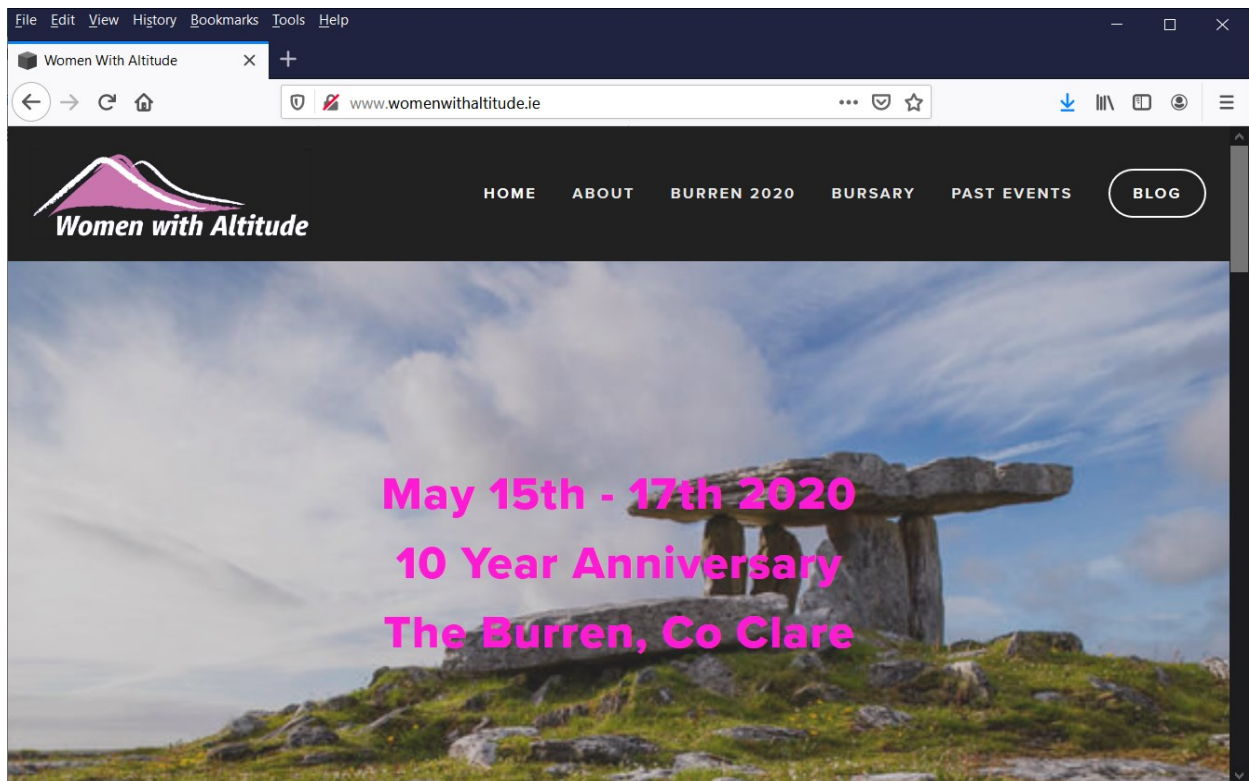


The club is trekking to Co.Cork for our annual St Paddy's weekend away!!

We're off to the Beara peninsula to explore one of the most beautiful parts of Ireland.



In May Mountaineering Irelands Women with Altitude kicks off in the Burren . So if you've time on your hands it promises to be a great three days so if you haven't signed up click on the image below to go to the website and have a look around.



According to the MI affiliated website

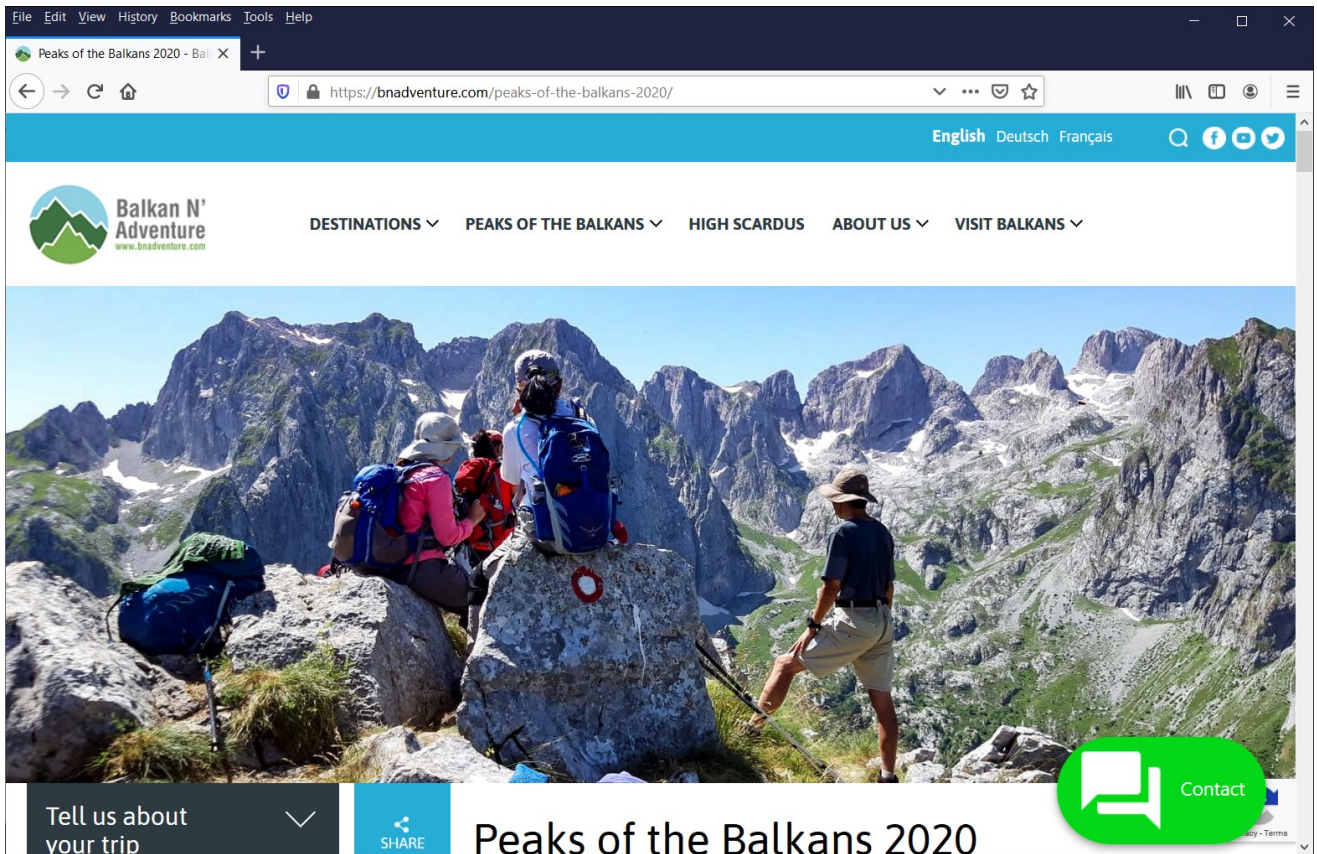
“Women with Altitude is a Mountaineering Ireland initiative to encourage women to take on greater challenges in mountaineering, be they personal challenges, technical or leadership challenges.

Established in 2011, this initiative promotes and facilitate women's participation by providing support with skills training and leadership development, inspirational role models and opportunities to network.”

So if you've any family , friends or colleagues who you think might be interested let them know . From a short ramble to some serious hiking with a chat on the way and to meet old friends and make new onesgive it a try.

For those of you lucky enough to be heading on the summer holiday below is a link to the give you a taste of what we'll be doing . We'll be flying into Podgorica Airport in Montenegro and then the adventure begins.....

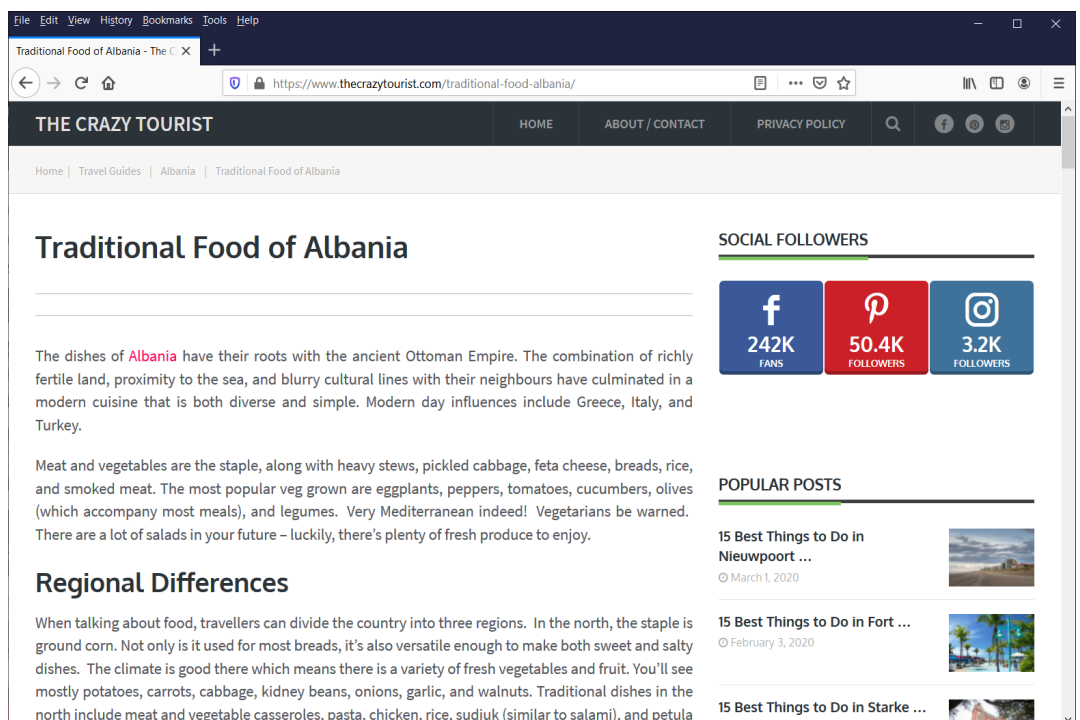
(Click on the pictures to be taken to the websites)



If you're a foodie as well as a hiker then you're in for a rare treat, local Albanian Cuisine is something to behold with meat dishes , soups and desserts , we'll try Montenegro's and Kosovo's as well and report back.

The local wine and beer aren't so well known to Irish palate's but I'm sure we give it a try .

For the coffee lovers Turkish coffee is the local fare.



The Graves of the Leinstermen walk.

Sat 28th December saw 16 brave souls venture out into the cold and wind.

A short traipse through a muddy field seemed quite sedate for the club. It was then that rumours of 400 steps up to the millennium cross began circulating. The steps existence was proven and I was very grateful for the rest at the top by the cross.

A fabulous view was afforded all across Lough Derg before we headed towards the start of the Graves of the Leinstermen, a monument which should be protected more.



An extra climb to the top of Tonn Toinne proved breathtaking and windy all at the same time.

The path then led down, allowing some debate about whether to cross the farm and brave the bull, or go around.

Self preservation prevailed and we all made it back to the end.



A short climb back up to the Millennium cross was followed by a hair-raising trip back down the wet and now mud covered steps. A few among us decided on the spur of the moment to sit on the mud in various places.

I can only assume they were tired. We were then safely led back to the car park by our illustrious guides, Eilish and Aedamer.

An incident between us and Killaloe on the main road meant that the maps had to be taken out again to guide us on back roads back to civilisation. A hugely enjoyable day in great company.

Paul Kinnane



The Blackhead loop walk.

Ann Howard, the "real leader" of the Black Head Walk, had to bow out due to injury. The result was two new leaders Andrew Carden and myself (Mary C.) a change of date and an earlier meeting time. Not a great start for the first outing of the year but happily it didn't dampen the spirits of Clare Outdoor Club. The trickle of people checking in during the week became a veritable torrent as the weekend approached.

With 30 names in by Saturday it became clear that there were way too many for one group. Two more leaders were drafted in, thanks Breda D and John O'C and a plan hatched to split in two groups one going clockwise and the other anticlockwise.



This is when the trouble started, the popularity contest ! When the call to split was given in the carpark Andrew's Antis won by a landslide. They galloped to his side eager to put their New Year fitness resolutions to the test. Great credit to some of my followers who managed to coax a few more back to the other side swelling our group to a respectable 13. Off went the triumphant Antis at full throttle to start their ascent behind the church while we mustered what dignity we had left and headed north for the Green Road around Black Head. This was a real treat for anyone who hadn't walked in the area before.



The morning was clear with views of the Atlantic and Aran Island on the left and a trio of galloping horses with flowing manes on the limestone above us on the right. We enjoyed a short break after ascending to the fort, Caher Dún Irghuis and then it was onwards for lunch on the sunny side of Gleninagh. It was here that a club member declared that her sole was departing her body, that we discovered the hidden strengths in our numerically inferior squadron.



Her boot was analysed, prodded and poked by a team of experts in the field. High spec tools were produced from secret compartments and in no time at all she was back on her feet striding across the plateau thanks to a combination of cable ties, duct tape and a shoe lace.

The operation was moderately successful and got the patient off the rock to the relative safety of the Khyber pass road.



With the weather still holding dry we struck out for Fanore picking up the "real leader" on the way to guide us safely back to the beach. A great turn out for a classic walk in the Burren. We may not have won the popularity contest but we will take on all comers in the make and do competition !

Mary Conway.

Caving in the Burren

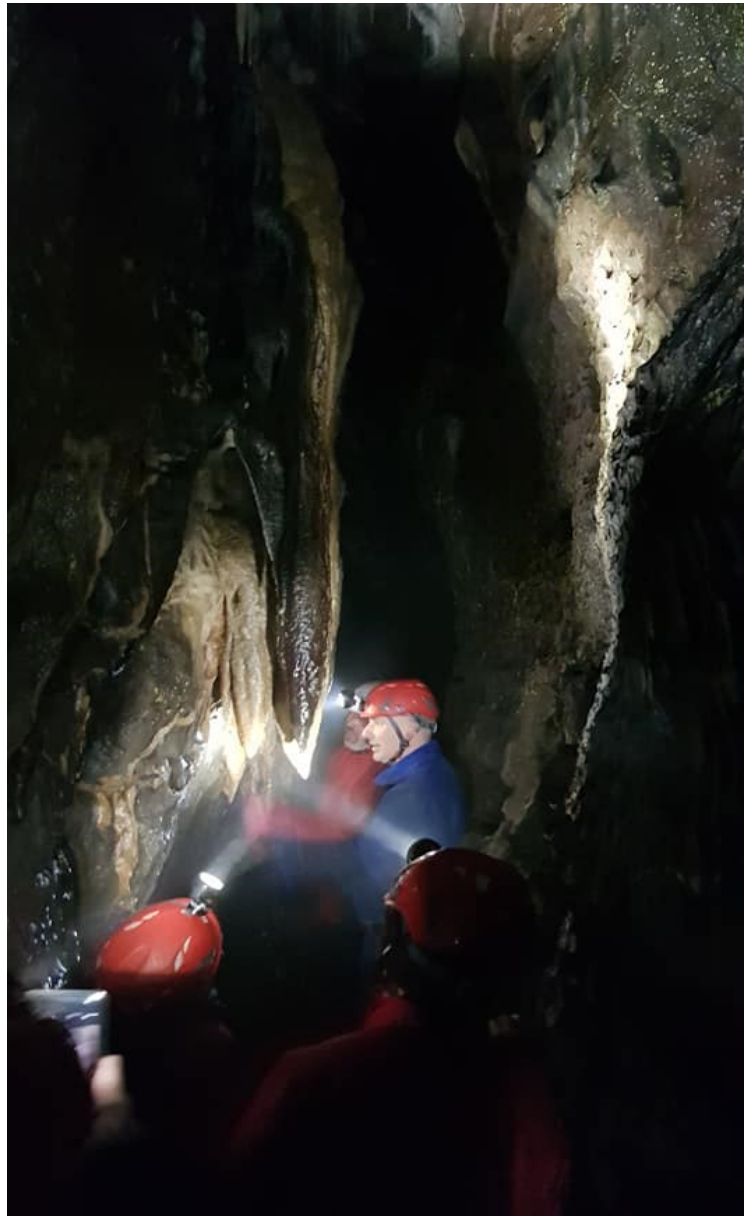
On the 8th of February caving organised by Ed Kavanagh with the Burren Outdoor Centre providing the guide , necessary gear and facilities four members of the club and two friend's of Ed went caving in the Burren.

After a short drive in the mini-bus we arrived at a Coillte forest road , parked up the van and walked to the cave entrance of Cullan 2 .

Through a small waterfall and we descended into the darkness with only the light of our torches to guide us.

As we worked our way through the cave system Allen , our guide asked us to turn off the head torches and we travelled in complete darkness for a short period.

We worked our way though a few tight spots and a pool of bitterly cold water but the rewards in what we saw further down was well worth it.



The group examining the rock formations

Our trusty guide Allen from the Burren outdoor center.

After two hours we made our way out of the cave system and had a better chance to ask questions of Allen about the cave as we stopped at various points concerning the geology of the Burren and his experiences while caving.

On the way out some of the more daring souls tried to crawl through a section of the tunnel that was about 30cm in height for about 6 meters .

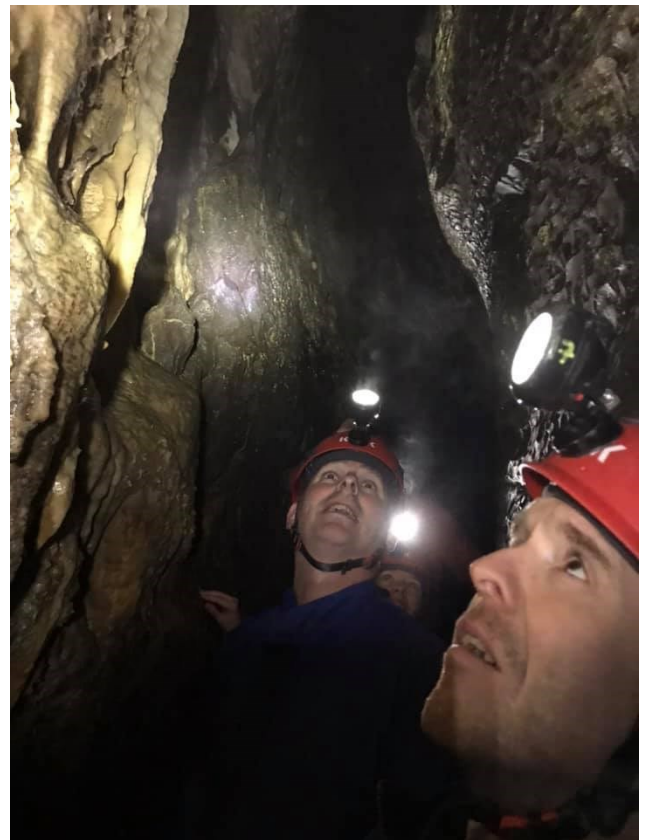
We all survived and thankfully nobody got stuck,

We came to the surface and it was starting to get windy as storm Carrie approached .

A good time was had by all and we'll be back again.

Thanks to Ed for organising the caving , Allen for guiding us and the Burren outdoor centre for use of their facilities.

Bill Healy



Pat & Graham looking at the Stalactite formations.

Chairman's message , Facebook & our website!!

Hi all

Well it's been a good season so far. Most of the walks have had good weather. Unfortunately storm Dennis stopped us for one walk but safety first. The numbers walking have been big and it's great to see so many new faces. St Patrick's weekend looks great and there are still places available . Big thanks to Yvonne. The summer holiday also looks amazing and is already fully subscribed. Well done to Siubhan for all her hard work. The caving was also a great day down under. Thanks to Ed. Plenty more walks to come so I hope to see you all on the hills.

Regards ,
Andrew ,
Chairperson



We've loads of information on gear , safety on the hills , walks planned and up and coming events we may be running . Click on the images above to link into our website , Facebook page or Mountaineering Irelands website.

Any queries simply drop an email to clareoutdoorclub@gmail.com or use facebook messenger.